

OREGON DUNES Triathlon & Duathlon™

Pre-Race Information

Hello past and current racers!

Race week is here which means it is time for your pre-race information. We are all very excited to finally go back to the coast. We are loading trucks and trailers and will head to Florence first thing Thursday morning to start setting up.

Please read through this email for important logistical information. We will be sending another email on Thursday with your bib number and any final comments.

Thanks to all of you who have signed up. If you are not sure if you are signed up, you can [check the start list here](#). If you'd like to get registered, you can [sign up here](#).

Can't wait to see you!

Staci, Blair, Ranger and the Best in the West Posse

Helmets are required at all times while at the race

Please wear your helmet anytime you are on your bike. If you are caught riding without a helmet anytime from Friday morning until we finish packing up the race on Saturday evening, you will be DQ'd and your race entry will go towards helmets for kids. We are serious about your safety and want you to be as well. You are a role model for youth athletes, please set a good example. Thank you in advance.

Live Splits

Your friends and families can track your splits live during the race thanks to our sister company E8 Timing! The link for live splits is <https://my.raceresult.com/204259/results> and can also be found at e8timing.com. On the results page they can click on your name to see all of your splits as they come in live! Splits will start showing as soon as you cross the timing line into the water at the start.

Packet Pick Up

You must show ID. See details below.

[Click here for location and directions.](#)

You can pick up your race packet on Friday from 5pm-7pm or on Saturday from 6:30am-7:45am for the Olympic courses and from 6:30am-8:45am for the Sprint Races.

Friday 5pm-7pm

East Woahink Park - This is the site of the start and transition area.

Saturday 6:30am

Race day packet pick up is located at the transition area at East Woahink Park. If you plan to pick up on Saturday, please give yourself ample time as the lines can be long and we don't want you to feel rushed.

PHOTO IDENTIFICATION REQUIRED

Everyone MUST show a photo ID during packet pick up. This is a USAT rule. A parent or legal guardian with a photo ID must accompany youth (under 18) athletes. You cannot pick up another racers packet, this includes relay teams. Each relay member must pick up his or her packet individually. Packets will include your bib number, helmet number, bike number, cap, timing chip, and shirt.

RACE BRIEFING AND Q&A SESSION

There will be a race briefing on Friday evening at 6pm at packet pick up. There will also be a race announcements on Saturday morning at the start area at 8:45am for the Olympic races and at 8:45am for the sprint races. Question time will be limited on race day, so if you find yourself with questions, please try to make it on Friday.

Schedule and Start Times

6:30am Packet pick up and transition open

8:10am Olympic Triathlon Men and Aqua Bike Men

8:13am Olympic Triathlon Women and Aqua Bike Women

8:30am All Olympic Duathlon*

8:30am All Olympic Paddle Tri

9:00am All Sprint Paddle Tri

9:00am Sprint Triathlon Men and Aqua Bike Men

9:03am Sprint Triathlon Women, Aqua Bike Women

9:10am All Sprint Duathlon*

11:00 AM Sprint Awards

11:15 AM Bike Course Cutoff

12:00 PM Olympic Awards

1:00 PM Run Course Cutoff

**The duathlon starts with the bike and will be a time trial style start. Athletes will be sent off every 5 seconds from the transition area.*

Parking

[Parking Map](#)

Parking is available at the East Woahink boat launch (start/transition) and near the finish line in Honeyman State Park at the Cleawox Lake day use area.

East Woahink parking lot will be closed to public entry and exit for the duration of the bike portion of the race. Cars will not be allowed to enter or leave Woahink parking area from 8am until approximately 11am or when the bike course clears. There is a pedestrian bridge for safe crossing of highway 101. Please use this if you are riding or walking from Honeyman to Woahink. There will also be a shuttle that you can ride from any parking area to and from the finish area. See below.

We suggest arriving at the site a minimum of one hour prior to your race's start, in order to get body-marked, set up in the transition area, warm up, etc. If you plan to park at the finish or if you are camping in the park and are riding over, please give yourself a little more time.

Shuttle

A shuttle will be running between the finish line, parking areas and the start from 6:45am to 8:50am and will resume at approximately 10am. Expected pick-up times are every 15-20 minutes. Bikes are not allowed on the shuttles. Spectators are welcome to park at the finish area and ride the shuttle back and forth to cheer at the swim, TA and parts of the run and the finish. The shuttle will run until 30 minutes after the awards ceremony.

No pedestrian traffic is allowed on Canary road from 8am until the run course is clear (~12pm). Anyone wishing to move between the start and finish **MUST** take the provided shuttle. This is for the safety of you, your spectators, and the runners. Please help us keep our permits and follow this rule.

Bag Check

Transfer your warm clothes from start to finish!

Bag check will be available at the start at the registration area. If you'd like to drop off some warm clothes to have waiting for you at the finish, drop those items off at registration before you start. We will take all dropped bags over to the finish so you can have a jacket etc waiting for you!

Transition Area

The transition area (TA) opens at 6:30am on Saturday and is located in the East Woahink Lake boat ramp parking lot.

Your transition spot is designated by your race number. Please rack your bike in the appropriate spot. Bikes should be racked in alternating directions, and should be close together. Your gear and your bike should be on the same side as your number and your bike should be centered on your number. Transition

area volunteers will help you rack your bike if you have any questions.

Upon arriving at the event, body marking will take place at the entrance to transition. You must have your bike numbers on your bike and be body marked before entering transition. This is for bike security. At this time, you will also pick up your timing chip.

Mount/Dismount Area: You are not permitted to ride your bike in the transition area. There is a mount and dismount area outside of the bike in and bike out.

Please adhere to the following T.A. rules:

- * No glass
- * No riding
- * No spectators. Please do not encourage friends or family to enter the T.A.
- * Please pick up after yourself. Please put your garbage in the trash cans and help us "Leave No Trace."

Please remove your gear promptly after awards. The bike you take in and out of the transition must have a matching bib number to the bib number on your person. Make sure your bike has your bib number on before taking it in, and please don't take it off your bike until you leave the transition area.

Swim

Athletes will be allowed in the water beginning at 7:30am for the Olympic race and 8:30am for the Sprint race. The sprint course is one loop. The Olympic course is two loops with a short run on the boat ramp around the dock and back into the water between loops.

WATER TEMPERATURE

Water temperature was 62 degrees in 2019. We expect it to be about the same, but will get you an update as soon as we get to the lake. We will send the temperature in our email on Thursday. Please plan to wear a wet suit. Booties and neoprene caps are allowed; gloves or fins of any kind are not.

WETSUIT RENTALS

If you reserved a wetsuit during registration, your wetsuit will be available at packet pick up.

THE WEATHER

It can be chilly on the coast and the forecast has a slight chance of rain. If you would like to change completely out of your wet swimwear, we will have two single user changing tents for those of any gender identity. After the swim, grab your gear from your TA spot and head into the tent to get changed. Please 'knock' before entering. The changing tents can also be utilized before and after the race. Again, there will be a bag check available at the start to send your warm clothes over to the finish for when you get done.

Bike

Please ride to the right, in the bike lane whenever possible. The road is not closed to traffic, so please be safe and ride to the right.

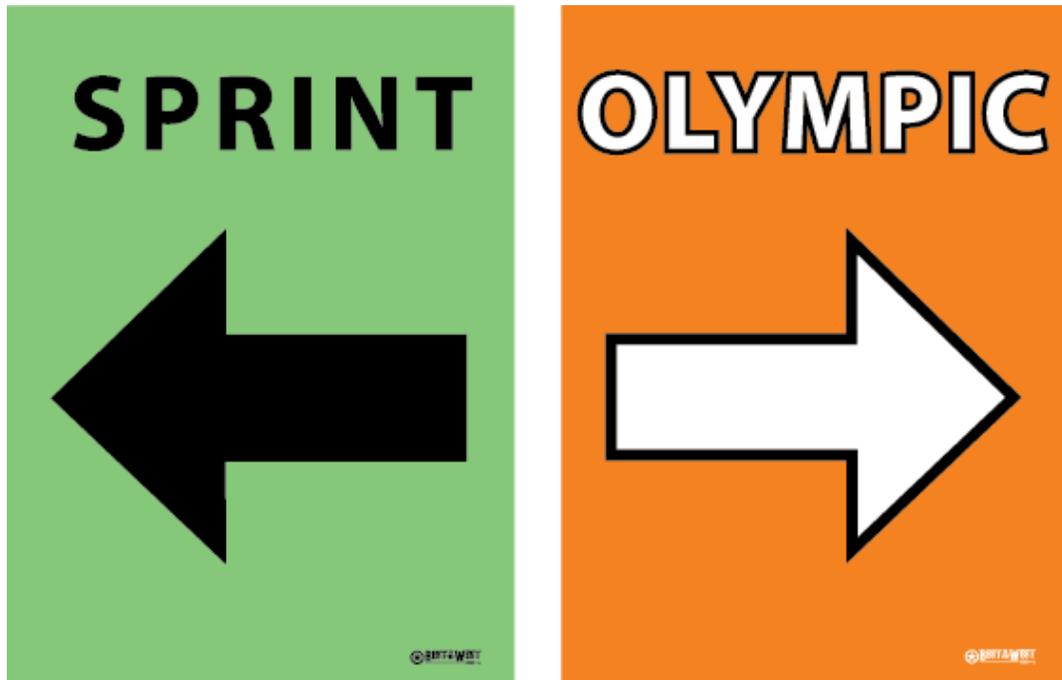
This is a hilly bike course with some fast sharp turns. If you see a "slow down" sign, please SLOW DOWN. On the Olympic course there is also a railroad track crossing. You'll see it on the way out as you climb up hill, but on the way down the tracks are on a somewhat blind corner. We have "slow down" signs there as well.

Course markings are green with a black arrow for the Sprint.

Course markings are orange with a white arrow for the Olympic.

You will see 2 arrows before any turn and 1 confirmation straight after that turn to let you know you made the correct turn.

There is one course split. That course split is at mile 9. The sprint turns left and returns to transition. The Olympic turns right and continues on. We have 2ft signs on barricades in addition to the other course markings. Please be alert and make the correct turn for your race.



Run - New Olympic Course

This is a hilly cross country/trail style run course. There are all kinds of surfaces, grass, trail, pavement and sand. Don't wear your pristine white shoes, they will get dirty. The run course is marked with orange flags, various types of cones, chalk, arrows and ribbon.

The sprint races start at transition with a cross country grass section, into the trails, then on and off trails and pavement all the way to the sand dune finish.

2022 Olympic update: If you have raced with us before, the Olympic course previously did 2 laps of the sprint course with a super steep hill in the middle. For 2022, we have re-designed the course. The first half of the 10k is on pavement and is an out and back up Canary road. Upon returning to the park, the course then follows the same cross country/trail route as the 5k.

IMPORTANT: The course split is right when you leave transition. Sprint athletes will go right, Olympic athletes will go left. When Olympic athletes return to the park and transition, you'll go straight to follow the route the sprint racers took. We have a volunteer at the split, but don't let race brain get in your way! Keep your head up and pay attention to the course splits.

Aid Stations

Water and Heed sports drink will be available at all aid stations.

Bike – There is an aid station at mile 17 of the Olympic course. There will not be an aid station on the sprint bike course.

Run- There are two aid stations for the sprint course: one at the start of the run, one at mile 2. For the Olympic course, you will pass the aid stations at the start of the run, mile 3 and mile 5.

Aqua Bike

Aqua bikers will start with the triathletes in the water. You'll swim then bike. When you finish the bike ride, you will dismount and enter transition. Once you are in transition, your time will stop. We will have medals for you there, but also encourage you to shuttle over to the finish to take on the dune for your finisher picture and to get in on the party!

Paddle Tri

You'll follow the same course as the swimmers do. Lifejackets are required to be worn for the paddle portion.

When you finish paddling, bring your kayak or SUP out of the water on the right side of the boat ramp. You only need to get your boat about 10ft up from the water, then you can run into transition. We will bring your boat to transition for you once the swim clears and you can pick it up when you get your bike at the end of the race.

Relays

You will receive one timing chip at packet pick up. Your swimmer (tri/aqua bike relays) or biker (du relays) should start with the chip on their left ankle. The timing chip is your baton for the race. The relay tag zone is at the bike rack in transition. Each time you switch racers at transition, you will need to pass along the timing chip to the next racers' left ankle. We encourage all relay team members to take on the dune together. The non-runners can even start half way up the dune by waiting for the runner near the top.

Post Race Food

After the race, at the base of the dune, we will have tacos from Game Thyme food truck. You'll get two tacos on us and more are available for purchase.

Race Photos

We believe in free race photos! That's why, after the race, we will post all of our pictures to [TriSignUp](#) for your viewing and sharing pleasure. If you see a camera, don't forget to smile! We will have photography at the start of the bike and at the finish.

Volunteer Opportunities

We need more volunteers to help with this event. We have positions in transition, on the bike and run course and other locations. If you have friends or family who would like to volunteer, please have them come to the start and check into volunteer on Friday or Saturday.

Rules

This is a USAT sanctioned event and athletes should abide by all USAT rules.

Some rule reminders:

- * NO HEADPHONES. Headphones (iPods, etc.) are not permitted at any time during the race. This is for your safety and is a USAT rule.
- * All bikes must have bar end caps.
- * There is no drafting on the bike course. Please keep 3 bike lengths between you and the next person. (This is approximately the distance between two yellow dash lines on any road.)
- * Fixed gear bikes are prohibited and may not be used.
- * Your helmet must be worn and buckled at all times during the cycling portion of the race.
- * Time penalties or disqualifications will be assessed if rules are broken.

[For full USAT rules, click here.](#)

Results and Awards

An awards ceremony will be held on Saturday after the majority of participants have finished, once we have the final age group finisher data. We expect to hold awards at about 11am for the Sprint races and 12pm for the Olympic races at the finish area.

[Awards categories are available here.](#)

Here is the link again for live splits: <https://my.raceresult.com/204259/results>

First Time Triathletes

We encourage all participants to attend the pre-race briefings where you can learn about the course and have your questions answered personally by the race director themselves. In addition, Blair and Staci created a triathlon 101 video. [Check it out on YouTube.](#)

On-site Registration

On-site registration will be available at packet pick up on Friday and Saturday. Online registration closes on Wednesday at 9pm. Cash or check will be accepted for on-site registration. USAT membership is required, so if someone is signing up at the race, have them bring their USAT card or be prepared to purchase a 1-day or annual membership on-site. Cell service is minimal, so be sure to pull up your membership card before heading to the park.

That's it for now...

Back to loading equipment. Watch for an email Thursday with your bib number and the water temp. See you at the race!